

5th Annual

Making a Difference

Mind, Body, Spirit

8K & 3K Run / Walk

Saturday
Nov 9th, 2013
Mariners' Museum
Newport News

Race Location

Mariners' Museum Main Entrance
100 Museum Drive, Newport News, VA, 23606

Race Course

8K and 3K paved road course, traverse the scenic areas of the Mariners' Museum Parkway, the majestic Lion's Bridge at the James River and the beautiful Riverside neighborhood.

USATF-Certified 8K and 3K courses.

Team Entry

Submit 10 or more registrations together by mail.
\$5 entry fee discount for 15 & over category.
Team members can mix 8K & 3K distance.

Awards

Custom award medals for both events.

8K Event - Male/Female

Top 3 Overall, Top 3 Masters, Age Groups
U10, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60-64, 65+.

3K Event - Male/Female

Top 5 Overall 14 & Under, 15 & Over

Everyone Invited

Runners, walkers, adults & children,
all ages & abilities welcome in both events.

Race Day Schedule

7:00 am Registration & Packet Pick-up
8:30 am 8K & 3K Race Start
9:00 am Post-Race Party
9:45 am Raffle Prizes & Awards

Race Shirt and Goody Bag

Race shirt and reusable goody bag.
Guaranteed with early entry only,
regular entry and race day while supplies last.

Choose Your Prize Raffle

Gift Certificates and Merchandise.
Open to participants, volunteers, and spectators.
Receive one raffle ticket with race registration.
Purchase additional tickets for \$1 each.

Early Packet Pick-Up

Our Lady of Mount Carmel School
52 Harpersville Rd, Newport News, VA, 23601
Friday, November 8th, 2013, 4:00 pm - 6:00 pm

Event Proceeds

Event proceeds benefit the students of Our Lady of Mount Carmel School (OLMC) to promote health and well-being...mind, body and spirit. OLMC unites with family and community to provide a Christ-centered and educationally stimulating environment, where students recognize their God-given gifts and achieve their highest potential.

OLMC's fully-accredited academic program includes language arts, science, social studies, mathematics and religion with weekly enrichment in art, music, computer, foreign languages, physical education, library and community service for Pre-K through 8th grade students. OLMC's athletic program offers competition in various team sports, as a member of the Peninsula Independent Athletic League.

More Information

Website: www.RunOLMC.com
Email: info@RunOLMC.com

Pam Garrett / 757-285-6645
Race Director



USATF Course Certification
8K: VA12060RT / 3K: VA12061RT

Register online at www.RunOLMC.com

First Name

Last Name

Address

_____ Apt / Unit # _____

City

State

Zip

Email Address

Phone Number

_____-_____-_____-_____-_____-_____

M

F

Age on Race Day

_____-_____-_____-_____-_____-_____

Team Name (required for team entry only)

Shirt Size (circle one)

Youth M L XL
Unisex S M L XL XXL

Event (circle one)

8K 3K

Fees (per person)

	Early Entry	Regular Entry
Individual or Team 14 & under	\$14	\$19
Individual 15 & over	\$24	\$29
Team 15 & over	\$19	\$24

Early Entry (thru 10/18/13)

Regular Entry (10/19/13 - race day)

PTC Race Passes accepted with early entry

Acknowledgment and assumption of risk and waiver of liability (must be signed):

I know that running or walking in a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all other risks associated with running this event including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Our Lady of Mount Carmel School, The Mariners' Museum, the City of Newport News, the Peninsula Track Club, the Road Runners Club of America, and all event sponsors, their representatives and successors from all claims or liability of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant full permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Checks payable to "OLMC School". Mail entry & payment to:
OLMC School, 52 Harpersville Road Newport News, VA 23601

Finish line results and race support provided by the Peninsula Track Club.



Signature of Athlete
(parent/guardian if participant under 18 years)

Date

Entry fees are non-refundable & non-transferable.
Event held rain or shine. Race officials reserve the right to cancel the event due to severe weather.